

<div>MAY</div> <div>Meals subject to change</div>		<div>HUNTINGTON SENIOR NUTRITION CENTER</div> <div>423 Park Avenue, Huntington ~ Lunch Served • Noon - 1:15 pm</div> <div>\$3 Suggested Voluntary Anonymous Contribution</div> <div>Please Note: There is always an optional alternate meal.</div>		<div>The Older Americans Act of 2006, encourages a suggested voluntary anonymous contribution equal to the actual cost of the service for participants with self-declared incomes at or above 185% of the federal poverty level. For 2025, 185% of the federal poverty level is \$28,952.50 for a household of one, and \$39,127.50 for a household of two.</div> <div>The Nutrition Center is sponsored by the Town of Huntington with funding provided by the U.S. Administration for Community Living through New York State Office for the Aging and Suffolk County Office for the Aging.</div>	
MONDAY		TUESDAY		WEDNESDAY	
<div><div><div>Happy Mothers Day</div></div></div>		<div><div><div>ASIAN AMERICAN & PACIFIC ISLANDER HERITAGE MONTH</div></div></div>		<div><div>PLEASE NOTE:</div><div>All classes and events are open to Town of Huntington Residents with Membership Cards. Get your membership card in the Senior Center’s Front Office.</div></div>	
5 Manicotti w/ meat sauce		6 Roast Pork Dijonnaise		7 Beef Stew	
<div><div>BLOOD DRIVE IN GYM</div><div>Birthdays of the Month Special Dessert</div><div>10:00 Arthritis Exercise (213)</div><div>10:00 Informal Canasta</div><div>11:00 Pool Sharks</div><div>12:30 Card Playing/ Instructional Chinese Mahjong</div><div>1:30 Next Steps Support Group for those who have lost a spouse</div><div>2:00-3:30 Guitar lessons with Brent and Rick: Bring Your Guitar</div></div>		<div><div>9:30 Fitness Training</div><div>10:00 Pool Sharks</div><div>10:45 Tai Chi 3</div><div>11:35 Tai Chi 1 & 2</div><div>12:30 Music with Alex</div><div>12:30 Canasta - Hand, Knee, Foot Instruction</div><div>2:00 Social Dance</div><div>2:15 Caregiver Yoga</div></div>		<div><div>9:45 Gentle Bends</div><div>10:00 Knitting and Crocheting</div><div>10:00 Pool Sharks</div><div>11:00 Exercise for Energy</div><div>11:00 - 1:00 Shed the Meds</div><div>1:30 Bingo</div><div>1:30 Initial Spousal Loss Support Group</div><div>1:30 April Showers Bring May Flowers: Gardening/weather presentation with NEWS 12 Meteorologist, Alex Calamia</div></div>	
12 Lasagna Rollups		13 Roast Pork		14 Sloppy Joes	
<div><div>10:00 Arthritis Exercise</div><div>10:00 Informal Canasta</div><div>11:00 Pool Sharks</div><div>12:30 Card Playing/ Instructional Chinese Mahjong</div><div>1:30 Road Now Traveled Support Grp</div><div>2:00-3:30 Guitar lessons with Brent and Rick: Bring Your Guitar</div></div>		<div><div>9:30 Fitness Training</div><div>10:00 Pool Sharks</div><div>10:45 Tai Chi 3</div><div>11:35 Tai Chi 1 & 2</div><div>12:30 Music with Janice Buckner</div><div>12:30 Canasta - Hand, Knee, Foot Instruction</div><div>2:00 Social Dance</div><div>2:15 Caregiver Yoga</div></div>		<div><div>9:30 Board of Director’s Meeting</div><div>9:45 Gentle Bends</div><div>10:00 Knitting and Crocheting</div><div>10:00 Pool Sharks</div><div>11:00 Exercise for Energy</div><div>1:30 Bingo</div><div>1:30 Initial Spousal Loss Support Group</div></div>	
19 Stuffed Cabbage		20 Pork Milanese		21 Meat Loaf	
<div><div>10:00 Arthritis Exercise</div><div>10:00 Informal Canasta</div><div>11:00 Pool Sharks</div><div>12:30 Card Playing/ Instructional Chinese Mahjong</div><div>1:30 Next Steps Support Group for those who have lost a spouse</div><div>2:00 Zumba</div><div>2:00-3:30 Guitar lessons with Brent and Rick:</div></div>		<div><div>9:30 Fitness Training</div><div>10:00 Pool Sharks</div><div>10:45 Tai Chi 3</div><div>11:35 Tai Chi 1 & 2</div><div>12:30 Canasta - Hand, Knee, Foot Instruction</div><div>1:30 Financial and Elder Law Planning Services</div><div>2:00 Social Dance</div><div>2:15 Caregiver Yoga</div></div>		<div><div>8:30-1:30 Suffolk County Office for the Aging: Senior Advocate Appointments</div><div>9:45 Gentle Bends</div><div>10:00 Knitting and Crocheting</div><div>10:00 Pool Sharks</div><div>1:30 Presentation: Diabetes & You by Excel</div><div>1:30 Bingo</div><div>1:30 Initial Spousal Loss Support Group</div></div>	
26 CLOSED		27 BBQ Roast Pork		28 Swedish Meatballs	
<div><div>*** Remember and Honor ***</div><div>MEMORIAL DAY</div><div><div><div></div><div></div><div></div></div></div></div>		<div><div>10:00 Pool Sharks</div><div>10:45 Tai Chi 3</div><div>11:35 Tai Chi 1 & 2</div><div>12:30 Piano Music with Remy</div><div>12:30 Canasta - Hand, Knee, Foot Instruction</div><div>2:00 Social Dance</div><div>2:15 Caregiver Yoga</div></div>		<div><div>9:45 Gentle Bends</div><div>10:00 Knitting and Crocheting</div><div>10:00 Pool Sharks</div><div>11:00 Exercise for Energy</div><div>1:30 Presentation: Acupuncture & You</div><div>Dr. Victoria Liotta</div><div>1:30 Bingo</div><div>1:30 Initial Spousal Loss Support Group</div></div>	